



LUNCH PRICES

Type A Lunch Price	\$3.00
Reduced Lunch Price	\$.40
Milk/Choice	\$.60
Lactaid Milk	\$.60
Soy Milk	\$1.00
Ala-Carte Extra Pizza	\$1.25

Prepaid Lunch Tickets Available

5 Lunches=	15.00	20 Lunches=	60.00
10 Lunches=	30.00	30 Lunches=	90.00

Lunch Alternatives

3. Peanut Butter & Jelly Sandwich

4. Peanut Butter & Fluff Sandwich

5. Healthy Choice Salad

Served over a bed of mixed greens with tomato wedges, cucumbers, dressing, whole wheat or plain dinner roll, mozzarella cheese stick and the remainder of the meal.



ALL STUDENT LUNCH INCLUDES

Skim Milk, 1% Milk or Low Fat Chocolate Milk / Strawberry Milk/ Lactaid Milk / 100% Juice/ Fresh Vegetable / Fresh Fruit



**If you have a food allergy, please speak to the Director or Lead Server.
*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. *Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director*

Kevin Silvia @ 781-721-7033

WE PURCHASE LOCAL!

Produce is purchased through regional suppliers when seasonably available. Visit www.Whitsons.com to see all that we are doing to help save the environment!

V =VEGETARIAN SELECTION

● =HEALTHIER CHOICE

P =PORK PRODUCT

Safari Spring Activities



Spring has arrived! Now that the weather is nicer, it is time to gear up for all those outdoor activities. Getting your bike out of storage and cleaning up the yard can be hard work. Stay healthy and enjoy a lighter fare this spring. Try: veggie or chicken burgers, chef's salad with zucchini and broccoli and whole wheat pasta primavera.

Lincoln/Ambrose
Elementary Schools
March 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1.Gloria's Pizza 1 Whole Wheat Cheese Pizza Slice 2.Salami & Cheese Sub Romaine Salad W/LF Dressing	1.Dog Days of Winter 2 All beef hot dog served on a wheat bun w/mustard & relish & Baked French Fries 2. Buffalo Chicken Wrap Garden Salad	1.Bean Burrito V 3 Pinto beans w/ cheddar cheese salsa in a wrap served w/ Mexi-rice & broccoli 2.Turkey & Cheese on a wheat roll Bagged Carrots W/LF Dip	1.Gloria's Pizza 4 Cheese Pizza slice 2. Chicken Salad Wrap Celery Sticks W/LF Dip
1.National Breakfast7 Week Pancake w/syrup served w/ scrambled eggs & sausage. 2.Ham & Cheese Sandwich Apple Slices	1.Gloria's Pizza 8 Whole Wheat Cheese Pizza Slice 2.Egg salad on wheat Steamed Green Beans	1.Asian Sweet& Sour9 Breaded popcorn chicken tossed in sweet & sour sauce. Served w/ rice 2.Greek Salad Roasted Squash	1.Breakfast Burrito10 Scrambled eggs served in a tortilla wrap topped w/cheddar cheese & served w/ Baked tator tots. 2. Italian Sub Warm Peach Crisp	1.Gloria's Pizza 11 Cheese Pizza slice 2.Bagel Lunch Garden Salad W/Ranch Dressing
1.St Patrick's Day 14 Sheppard's Pie- Ground beef, mashed potato, Corn & Gravy 2.Oriental Salad (Mixed green, oranges, crispy noodles, grilled chicken, honey mustard) Green Grapes	1.Gloria's Pizza 15 Whole Wheat Cheese Pizza Slice 2. Nacho Lunch Seasoned Carrots	16 Early Release K- 8	17 Early Release K- 8	18 Early Release K- 8
1.Baked Macaroni &1 Cheese Whole grain pasta tossed in cheddar cheese then baked. Dinner Roll 2.Chicken Caesar Wrap Steamed Carrots & Peas	1.Gloria's Pizza 22 Whole Wheat Cheese Pizza Slice 2. American Sub Cucumber Wheels w/ Ranch Dip	1.Cheese Burger Bow2B Ground beef seasoned & served over brown rice topped w/ onions & mushrooms topped w/ cheese sauce 2Chicken Ranch Sandwich	1.Chicken Tenders24 Breaded chicken served w/mashed potatoes 2. Turkey BLT Wrap Mixed Vegetable	1.Gloria's Pizza 25 Cheese Pizza slice 2. Pretzel Lunch Carrot Sticks w/LF Dip
1.Monte Cristo 28 & Soup Texas Toast w/ Turkey, Ham & cheese dipped in egg then grilled. Served w/Tomato Soup 2.Vegetarian Wrap Mixed Green Salad	1.Gloria's Pizza 29 Whole Wheat Cheese Pizza Slice 2. Antipasto Salad Broccoli Bites W/Dip	1.Chicken Parmesan &30 Pasta Breaded chicken topped w/ marinara sauce,& cheese served w/ pasta. Garlic bread stick 2. BLT & Cheese on wheat wrap Garden Salad W/ LF dressing	1.Open-Face 31 Turkey Roast Roast Turkey over wheat bread topped w/ gravy. Cupped Cranberry 2. Chef Salad Steamed Pearled peas	Veggie of the Month Squash

DID YOU KNOW? Most products sourced by Whitsons have 0 Trans Fats - Milk & Chicken Products are hormone & antibiotic free - All dressings & ketchup are all natural, with no artificial ingredients & no HFCS (high fructose corn syrup) - All condiments are low fat - Teriyaki sauce & soy sauce are low sodium - Sliced bread, hamburger buns & hot dog buns are 100% w. grain & contain no HFCS - Breads, tortilla wraps, taco shells, nacho chips, panini bread, all natural frozen yogurt, teriyaki sauce, soy sauce & all condiments are free of any partially hydrogenated oils & HFCS - Yogurt is 100% all natural & contains no artificial ingredients - Breakfast items have no trans fats. HFCS or artificial colors - Pancakes & waffles are w. grain & contain no artificial colors or flavors - All pasta is Barilla w. grain - All rice is brown - Pizza crust at secondary level is whole grain; elementary level is whole wheat - Tuna is dolphin safe & packed in water - Canned fruits are packed in natural juice only, no syrup - Fresh fruits & fresh/frozen veg. will be used when gov. commodity not available - All cheese is low fat - Donuts & breakfast pastries have no trans fats, artificial colors or flavors - Fish sticks have whole grain breading - Flavored milk contains no HFCS

HAPPY ST. PATRICK'S DAY

